

EMS Instructor Update

Sept. 9, 2006

Rappahannock EMS
Council

2301 Fall Hill Avenue
Fredericksburg, VA 22401

Time: 9:00 AM to 1:00 PM

Directions to the update:

From points West and North (via I-64 East):

1. Take **I-64 EAST** towards **RICHMOND**
2. Take **I-295 SOUTH** towards **I-95** - go approx. 10 mi
3. Merge onto I-95 North
4. At exit 130, take Ramp (RIGHT) onto SR-3 [Germanna Hwy] - go approx. 1.4 mi
5. Turn RIGHT onto Ramp onto US-1
6. Bear RIGHT (North) onto US-1 [Jefferson Davis Hwy] - go approx. 1.5 mi
7. Turn RIGHT (East) onto Fall Hill Ave—go approx.. 0.2 mi
8. **Arrive 2301 Fall Hill Ave—The Office will be on your left in the Medical Arts Building—the update will be on the second floor at the end of the hall**

From points North (via I-95 South):

1. Take **I-95 SOUTH** towards **RICHMOND**.
2. At exit 130, take Ramp (RIGHT) onto SR-3 [Germanna Hwy] - go approx. 1.4 mi
3. Turn RIGHT onto Ramp onto US-1
4. Bear RIGHT (North) onto US-1 [Jefferson Davis Hwy] - go approx. 1.5 mi
5. Turn RIGHT (East) onto Fall Hill Ave—go approx.. 0.2 mi
6. **Arrive 2301 Fall Hill Ave—The Office will be on your left in the Medical Arts Building—the update will be on the second floor at the end of the hall.**

From points East (via I-64 West):

1. Take **I-64 WEST** towards **RICHMOND**
2. At exit 200, take the ramp onto I-295 North toward Charlottesville.
3. At exit 43, take the ramp onto I-95 North toward Washington, DC.
2. At exit 130, take Ramp (RIGHT) onto SR-3 [Germanna Hwy] - go approx. 1.4 mi
3. Turn RIGHT onto Ramp onto US-1
4. Bear RIGHT (North) onto US-1 [Jefferson Davis Hwy] - go approx. 1.5 mi
5. Turn RIGHT (East) onto Fall Hill Ave—go approx.. 0.2 mi
6. **Arrive 2301 Fall Hill Ave—The Office will be on your left in the Medical Arts Building—the update will be on the second floor at the end of the hall.**